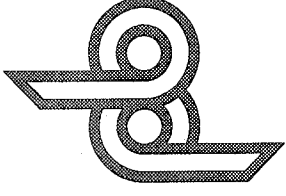


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**PARABODY INC.**



**AB/BACK EXTENSION**  
**473**

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**PRODUCT ASSEMBLY**  
**INSTRUCTION SHEETS**

**TOOLS REQUIRED FOR ASSEMBLY**

- 3/4 INCH WRENCH
- 9/16 INCH WRENCH
- ADJUSTABLE WRENCH
- RUBBER Mallet or HAMMER

**REVISION: B**

**If you experience any problem with the assembly of this product, please contact your dealer or your PARABODY Customer Service Representative at:**

**1-800-328-9714**

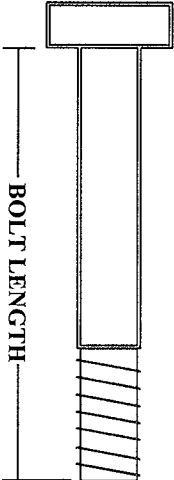
473 AB/BACK EXTENSION ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINING ASSEMBLY

HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	1/2 X 4 IN. BOLT .....	1
2.	3/8 X 3-1/4 IN. BOLT .....	2
3.	3/8 X 3 IN. BOLT .....	5
4.	3/8 X 2-3/4 IN. BOLT .....	4
5.	3/8 IN. WASHER .....	18
6.	3/8 IN LOCK WASHER .....	4
7.	1/2 IN. LOCK NUT .....	1
8.	3/8 IN. LOCK NUT .....	7
9.	L-PIN .....	1
10.	1/2 IN. FLANGE BEARING .....	2
11.	1 IN. STAR LOCK COLLAR .....	1
12.	THUMB SCREW .....	2
13.	2 IN. SQ. END CAP .....	5
14.	1-3/4 IN. SQ. END CAP .....	2
15.	5-1/2 X 2-1/2 IN. NON SKID STRIP .....	4
16.	CARRIAGE GUIDE .....	2
17.	PARAGLIDE STRIP (8 PER) .....	2

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



473 AB/BACK EXTENSION ASSEMBLY INSTRUCTIONS

13. Attach eight (8) PARAGLIDE STRIPS to the inside surfaces on both ends of the **ADJUSTABLE STOP TUBE** on the **ADJUSTABLE SEAT SUPPORT** as shown in (DETAIL B) using the following steps:
- Thoroughly clean all inside surfaces where the PARAGLIDE STRIPS are to be attached.
  - Remove the PARAGLIDE STRIPS from its paper backing and firmly apply them to all shown surfaces (8 places).
14. Insert the **BACK PAD SUPPORT** into the **ADJUSTABLE STOP TUBE** on the **ADJUSTABLE SEAT SUPPORT** as shown on drawing, and hold in place with one (1) THUMBSCREW. (THE HEIGHT OF THE **BACK PAD ASSEMBLY** WILL BE ADJUSTED BEFORE PERFORMING THE EXERCISE)
15. Insert two (2) 2 IN. SQ. END CAPS into each end of the **PIVOT ARM** as shown on drawing.
16. Insert two (2) 1/2 IN. FLANGE BEARING into each end of the **BUSHING** on the **PIVOT ARM**.
17. **SECURELY** assemble the **PIVOT ARM** to the **UPRIGHT FRAME** as shown on drawing, using one (1) 1/2 X 4 IN. BOLT, and one (1) 1/2 IN. LOCK NUT. (TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE PIVOT ARM TO ROTATE FREELY)
18. Attach two (2) CARRIAGE GUIDES to the **BASE** of the **UPRIGHT FRAME** were the **PIVOT ARM** makes contact. (SEE DRAWING)
19. **SECURELY** assemble the **CHEST/BACK BAR** and the **CONNECTOR PLATE** to the **PIVOT ARM** as shown on drawing, using two (2) 3/8 X 3-1/4 IN. BOLTS, four (4) 3/8 IN. WASHERS, and two (2) 3/8 IN. LOCK NUTS. (NOTE: BEFORE FULLY TIGHTENING MAKE SURE THE BAR IS PARALLEL WITH THE FLOOR)
20. Slide two (2) **ROLLER PADS** over the **P.V.C. PIPE**, until the **PADS** are flush with one end. (SEE DETAIL A) (NOTE: LIGHTLY SPRAY THE INSIDE OF THE **ROLLER PADS** WITH WINDOW CLEANER FOR EASE OF INSTALLATION)
21. Slide the **P.V.C. PIPE (WITH ROLLER PADS)** over the **CHEST/BACK BAR** as shown on drawing. Then attach one (1) 1 IN. STAR LOCK COLLAR to the end of the **BAR**.
22. Before performing the **AB CRUNCH** exercise:
- A. Adjust the **ADJUSTABLE SEAT SUPPORT** height so that the **ROLLER PADS** are aligned just below the clavicle.

B. Slide hips back into the **BACK PAD**.

C. Place feet under or on top of the **FOOT REST TUBE** of the **BASE FRAME**.

D. Place hands on top of thighs or **ROLLER PADS**.

E. Lift and lower weight in a fluent motion.
23. Before performing the **BACK EXTENSION** exercise:
- A. Adjust the **ADJUSTABLE SEAT SUPPORT** height so that the **ROLLER PADS** contacts the base of the shoulder blades.

B. Straddle or remove the **BACK PAD SUPPORT**.

C. Place feet against the **BASE LEG** of the **BASE FRAME**, with knees bent slightly, and hips aligned with the **PIVOT** of the **PIVOT ARM**.

D. Place hands on top of thighs.

E. Lift and lower weight in a fluent motion.

473 AB/BACK EXTENSION ASSEMBLY INSTRUCTIONS

IMPORTANT:

- THE BODYSMITH AB/BACK EXTENSION SHOULD BE ASSEMBLED ON A FLAT LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.
1. Insert two (2) 2 IN. SQ. END CAPS into both ends of the BASE LEG on the BASE FRAME as shown on drawing.
  2. Attach two (2) 5-1/2 X 2-1/2 IN. NON SKID STRIPS to the FOOT REST TUBE, and two (2) 5-1/2 X 2-1/2 IN. NON SKID STRIPS to the BASE LEG on the BASE FRAME approximately where shown on the drawing.
  3. Insert one (1) 2 IN. SQ. END CAP into the end of the UPRIGHT FRAME as shown on drawing.
  4. LOOSELY assemble the UPRIGHT FRAME to the BASE FRAME as shown on drawing, using one (1) 3/8 X 3 IN. BOLT, two (2) 3/8 IN. WASHERS, and one (1) 3/8 IN. LOCK NUT.
  5. LOOSELY assemble the SEAT SUPPORT FRAME to the BASE FRAME and the UPRIGHT FRAME as shown on drawing, using four (4) 3/8 X 3 IN. BOLTS, eight (8) 3/8 IN. WASHERS, and four (4) 3/8 IN. LOCK NUTS.
  6. AT THIS TIME TIGHTEN THE BOLT CONNECTIONS FROM STEPS 4 AND 5
  7. Insert one (1) 1-3/4 IN. SQ. END CAP into the front end of the ADJUSTABLE SEAT SUPPORT as shown on drawing.
  8. SECURELY assemble the SEAT PAD to the ADJUSTABLE SEAT SUPPORT as shown on drawing, using two (2) 3/8 X 2-3/4 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS. (MAKE SURE THE CLIP ON END OF PAD IS FACING THE ADJUSTABLE STOP TUBE)
  9. Attach four (4) PARAGLIDE STRIPS to the outside surfaces of the ADJUSTABLE SEAT SUPPORT, and four (4) PARAGLIDE STRIPS to the inside surfaces of the SEAT SUPPORT FRAME as shown in (DETAIL A) using the following steps:
    - Thoroughly clean all surfaces where the PARAGLIDE STRIPS are to be attached.
    - Remove the PARAGLIDE STRIPS from its paper backing and firmly apply them to all shown surfaces (8 places).
  10. Insert the ADJUSTABLE SEAT SUPPORT into the SEAT SUPPORT FRAME as shown on drawing, and hold it in place with one (1) L-PIN, and one (1) THUMBSCREW. (THE HEIGHT OF THE SEAT ASSEMBLY WILL BE ADJUSTED BEFORE PERFORMING THE EXERCISE)
  11. Insert one (1) 1-3/4 IN. SQ. END CAP into the top end of the BACK PAD SUPPORT as shown on drawing.
  12. SECURELY assemble the BACK PAD to the BACK PAD SUPPORT using, two (2) 3/8 X 2-3/4 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS. (MAKE SURE THE CLIP ON END OF PAD IS FACING DOWN)

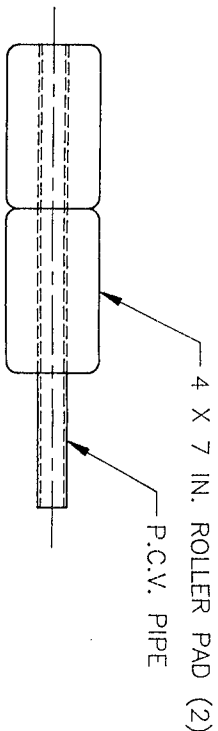
473 AB/BACK EXTENSION ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINING ASSEMBLY

WELDMENT/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	BASE FRAME.....(6355001)	1
2.	UPRIGHT FRAME.....(6358601)	1
3.	SEAT SUPPORT FRAME.....(6400201)	1
4.	PIVOT ARM.....(6357201)	1
5.	CHEST/BACK BAR.....(6400801)	1
6.	ADJUSTABLE SEAT SUPPORT.....(6356701)	1
7.	BACK PAD SUPPORT.....(6356801)	1
8.	CONNECTOR PLATE.....(6400701)	1
9.	SEAT PAD.....(6401301)	1
10.	BACK PAD.....(6400901)	1
11.	4 X 7 IN. ROLLER PAD.....(6194601)	2
12.	20-1/8 P.V.C. PIPE.....(6357501)	1

REVISIONS			
REV	DESCRIPTION	CHK NO	DATE
A	NEW RELEASE		
B	REV'D TITLE	2257	1/2 2/4/4



3/8 X 2-3/4 IN. BOLT (2)  
3/8 IN. LOCKWASHER (2)  
3/8 IN. WASHER (2)

DETAIL C

1-3/4 IN. SQ. END CAP

BACK PAD

CLIP

SEAT PAD

SEE DETAIL B

BACK PAD SUPPORT

THUMBSCREW

ADJUSTABLE STOP TUBE

ADJUSTABLE SEAT SUPPORT

1 IN. STARLOCK COLLAR

CHEST/BACK BAR

CONNECTOR PLATE

3/8 IN. WASHER (4)  
3/8 IN. LOCKNUT (2)

PIVOT ARM

1/2 IN. FLANGE BEARING (2)

BUSHING

2 IN SQ. END CAP (2)

1-3/4 IN. SQ. END CAP

3/8 IN. WASHER (2)

3/8 IN. LOCKWASHER (2)

3/8 X 2-3/4 IN. BOLT (2)

SEE DETAIL A

5-1/2 X 2-1/2 IN. NON SKID STRIP (2)

1/2 X 4 IN. BOLT

3/8 X 3 IN. BOLT

BASE LEG

3/8 IN. LOCKNUT

3/8 IN. WASHER (2)

CARRIAGE GUIDES (2)

1/2 IN. LOCKNUT

UPRIGHT FRAME

3/8 X 3 IN. BOLT (2)

3/8 IN. WASHER (4)

2 IN. SQ. END CAP

SEAT SUPPORT FRAME

THUMBSCREW

L-PIN

3/8 X 3 IN. BOLT (2)

5-1/2 X 2-1/2 IN. NON SKID STRIP (2)

FOOT REST TUBE

BASE FRAME

ADJ. STOP TUBE

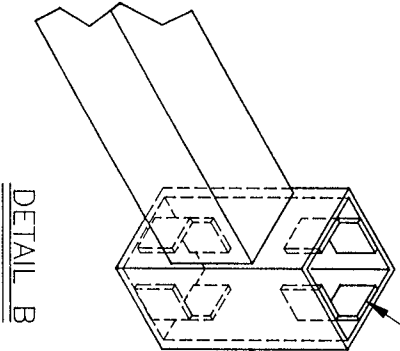
PARAGLIDE STRIP (8)

ADJ. SEAT SUPPORT  
PARAGLIDES STRIP (4)

PARAGLIDE STRIP (4)

SEAT SUPPORT FRAME

DETAIL A



TOLERANCES (UNLESS OTHERWISE SPECIFIED)		TITLE		PARABODY INC. RAMSEY, MINNESOTA	
~	~	PROJECTION	ASSY DRAWING 473101	DATE	
~	~	SCALE 1/8	SIZE DRAWING NO.	DATE	
~	~	1 OF 1	D	DATE	
~	~	DATE 5/93	CHK'D MGN	10/93	APP'D
		63991			